



*Mal Duane*  
**MEDIA KIT**



# MEDIA KIT

## Mal Duane



### Mal Duane

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To Schedule Mal for  
Speaking

To Schedule Mal for MEDIA  
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**Women's Life Recovery &**  
passionately committed to supporting women in releasing the shackles of the past and embracing the truth of who they are.

**Award-winning, Bestselling Author**  
Chick: Five Steps for Moving from Pain to Power

**Inspirational, Empowering Speaker**  
numerous global telesummits

**Sought-after Media Guest** appearing on 125 radio shows since late 2011.

**Highly Successful Entrepreneur** who multi-million dollar real estate business from scratch.

**Founder of the 'Holly's Gift**  
changing women's lives around the world.

**Host of the Positive Mental Shift**  
interview series featuring twelve visionary women who share their intimate stories of transformation.

## FULL BIO

Using her own life experiences as a catalyst, Bestselling Author and Life Recovery Coach Mal Duane is passionately committed to empowering women in releasing the shackles of shame, pain and self-condemnation to live a life of passion and purpose.

Mal's transformational journey, including recovering from alcoholism as a young woman, has provided her with extensive hands-on, in the trenches experience for taking hold of life and bringing forward the potential that lies buried beneath the scars and hurts.

Since her recovery twenty-five years ago, Mal went on to build a multi-million dollar real estate company from scratch, become a Women's Life Recovery Coach and is the bestselling author of [Alpha Chick: Five Steps for Moving from Pain to Power](#). Mal is also the host of the transformational [Positive Mental Shift](#) teleseminar series featuring the transformational stories of other visionary women. She has been invited to share her inspirational story and her empowering five step process on over 125 radio shows, has appeared in numerous telesummits as well as being featured on Fox 25 News.

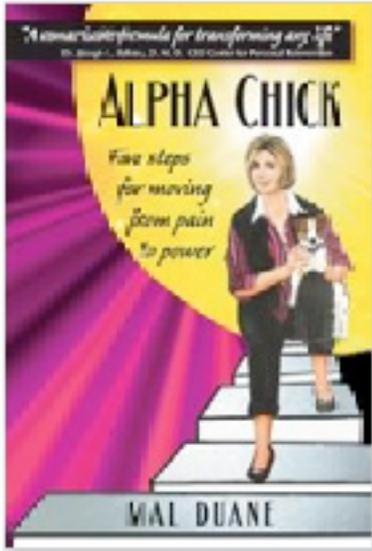
Mal believes that the greatest gift in achieving success is the ability to give back to causes that touch her heart and have the power to transform the lives of women and children. In 2007, Mal financed the Katherine Holly School in Konjila, West Africa. Today the school educates a hundred children annually that would never have had the opportunity.

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Mal lives with her English Jack Russell Terrier, Hannah, in Framingham, Massachusetts, where she works, writes, speaks, and supports women in living their truth and reclaiming their lives.



## ABOUT THE BOOK



ISBN: 978-09834129-0-8  
PAPERBACK: 304 Pages  
PRICE: \$16.95  
KINDLE: \$2.95



AVAILABLE ON AMAZON.COM,  
IBOOKS, SMASHWORDS, &  
BOOK DEPOSITORY

*“An Alpha Chick is a spiritual being who has worked to deepen her connection with and faith in the Divine Presence within in order to meet life’s challenges with purpose and strength.”*

– Mal Duane

## Alpha Chick: Five Steps from Pain to

by Mal Duane

**AMAZON BESTSELLER: Self- Help/Recovery**

#1 Bestseller – Amazon Canada

#11 Bestseller- Amazon USA

### AWARDS:

- 2012 Reader’s Favorites Gold Medal for Inspiration
- 2012 Pinnacle Achievement Award for Self-Help from Faces & Voices of Recovery
- 2012 World Book Award for Addiction/Recovery
- Finalist for the 2012 USA Book Awards
- Finalist for the 2012 Global E-Book Award in Self-Help
- Selected as one of Aspire Magazine’s Top 10 Inspirational Books for Women

## INSIDE BOOK

### Alpha Chick: Five Steps for Moving from Pain

is more than just a roadmap to happiness, success, and fulfillment – it is a model for any woman who dreams of those things. The brilliance of this book is that it clearly guides you step-by-step in the process of becoming your own unique brand of **Alpha Chick**. It sets you on your own road to being the ideal you; the sizzling, empowered woman you are meant to be. **Alpha Chick** shows you how to let go of the past and recapture self-love, faith, and hope. It provides all you need to create a new vision to achieve an exceptional life filled with passion, purpose and power.

In **Alpha Chick**, Certified Life Recovery Coach Mal Duane takes you on a journey using poignant, personal experiences to illustrate how she cultivated – then applied – the 5 steps in the **Alpha Chick Process** to overcome seemingly enduring destructive self-behaviors to create positive mental, emotional, physical, financial and spiritual transformation in her life. The **Alpha Chick Process** grew out of her own recovery process and revealed itself during one of her daily meditations. And it did not surprise her that the foundation letter of each step spelled out a single significant word: **FAITH**.

#### Focus

Acceptance and Attitude

Identification and Intention

Thoughts

Healing and Helping

You, too, can let go of painful past experiences and live the life you've only dared to dream when you discover the powerful **Alpha Chick** inside of you. **Alpha Chick** will help you overcome pain, fear and confusion to approach life's challenges with the power of acceptance and the value of a positive mental attitude. For further support Mal invites readers to claim the **FREE AlphaChick Workbook & Action Guide** and the **Five Steps for Moving from Fear to Faith** audio at [www.AlphaChick.com](http://www.AlphaChick.com).

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**'5-STAR REVIEWS'**

CLICK HERE to Read  
**TESTIMONIALS &  
LOVE NOTES**

# MEDIA SPEAKING ANGLE

*“Mal Duane is one of those sacred guests who stand out for her ability to authentically show up with her heart wide open, ready to compassionately serve listeners on the path of healing and self-discovery. As a woman who has walked the walk, Mal will inspire your audience with her innate wisdom, compassionate heart and her powerful ability to deeply connect with and inspire women to believe in the power of possibility.”*

– Bestselling Publisher  
& Host Linda Joy

TO SCHEDULE MAL  
DUANE

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TO SCHEDULE MAL DUANE  
AS  
A SPEAKER, PLEASE

## SAMPLE TOPICS:

The following is a brief overview of the topics and angles that Mal is available to share as well as customized topics for your specific audience:

### Five Steps for Moving from

From the award-winning, bestselling book, Alpha Chick, Mal Duane shares her simple, yet powerful five step formula for personal transformation and how her own journey led to the creation of the five steps that she now uses with her clients.

### The Life Recovery Formula™ Self-care + Self-worth +

Mal breaks down the transformational Life Recovery Formula™ and shares how working with the formula’s three key ingredients – Self-Care, Self-Worth and Happiness can lead to recovery of joy, inner peace and fulfillment.

### Uncovering the

We are all born perfect beings. As life unfolds we pick up stories, untruths and beliefs that are absorbed into our being disconnecting us from the truth of who we are. Mal’s “F.A.I.T.H.” formula is an affirmative mental approach to establishing a new reality—that as we do the inner work to release the untruths and old beliefs we will discover the perfection that has always been there.

### The Power of

How to create new patterns of thinking, to help us awaken our ability to choose in life. Women lose sight that they have the ability to make a choice in situations therefore they stay in situations that are harmful, destructive.

### Stepping into Your Truth: Positive

When women do the inner work to identify their negative behaviors and beliefs that have been holding them back and replace those old patterns with new positive thoughts, intentions and action steps they step onto the path of owning and embracing their truth.